

Fall 1987

# THE MONROE INSTITUTE BULLETIN

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## SHORT AND SWEET

Due to the length of this quarter's "BREAKTHROUGH" Newsletter, the TMI "BULLETIN" for the quarter will be shorter than usual. Regular features will resume in the next issue (and look for the new column -- "Trainer's Perspective" -- where TMI trainers offer their comments and answer your questions about the GATEWAY VOYAGE and Hemi-Sync tape exercises).

## HUMAN PLUS

The long-awaited HUMAN PLUS (H-PLUS) program, which uses Hemi-Sync to provide practical mental tools for a more effective, joyful physical life, is getting underway. Beginning with six-day Intensives at TMI Center in Virginia ('87 Intensives are already full, but see "1988 Schedule" for upcoming H-PLUS opportunities), the H-PLUS program will soon include Weekends and an ever-expanding in-home learning system that requires no preliminary training or experience. Also, the TMI Gateway Outreach (GO) program is earmarked to become an outlet for H-PLUS.

We at TMI are excited about Bob Monroe's new vision for providing tools that will assist Humankind in reaching its full potential. Implementing a new program of the scope and nature of H-PLUS requires a great deal of work (script development, script writing, voicing and producing tapes, program design and development, planning means of distribution, logistics etc.) from many

individuals. It will continue to take the time and effort on the part of many dedicated people to bring H-PLUS to its fruition. All the mechanisms for getting H-PLUS out to our Membership and the public at large are not yet in place. Watch future issues of TMI "Bulletin" for updates and details on H-PLUS.

## 1988 PROGRAM SCHEDULE

### GATEWAY VOYAGES

January 16-22  
February 13-19  
March 12-18  
April 9-15  
May 7-13  
June 4-10  
June 25-July 1  
July 16-22  
August 27-Sept. 2  
September 17-23  
October 15-21  
November 5-11  
December 3-9

### GUIDELINES

February 28-March 4  
May 15-20  
July 10-15  
September 25-30  
December 11-16

### H-PLUS

January 23-29  
February 20-26  
April 16-22  
June 11-17  
October 22-28

### H-PLUS WEEKENDS

May 27-29  
August 12-14

**H-PLUS WEEKENDS (cont.)**  
November 18-20

**PROFESSIONAL SEMINAR**  
August 7-11

**GO TRAINER RETREAT**  
August 15-19

**VOYAGE TRAINER RETREAT**  
November 13-17

**GO TRAINING SEMINARS**  
March 6-11, July 24-29

(617)922-0985

Lexington, MA area  
November 21-22  
contact **Stephen Bladd**  
(617)863-0148

Memphis, TN area  
October 24-25  
November 21-22  
contact **Carolyn Sullivan**  
(901)346-0514

(For more information on GO Trainers in your area, or about becoming a GO Trainer, contact **Leslie France** at the Institute.)

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### **REACHING OUT**

The Gateway Outreach (GO) program is a network of accredited GO Trainers throughout the United States and other parts of the world, who offer 2-day Hemi-Sync workshops called EXCURSIONS. The EXCURSION allows participants to experience levels of consciousness through Focus 12 -- the state of expanded awareness. Combining taped exercises, group discussion, workbook exercises and short lectures, the EXCURSION provides an opportunity to become familiar with the Hemi-Sync technology and to build a repertoire of tools and techniques which can be integrated into one's daily activities.

The following EXCURSION WORKSHOPS are scheduled for the next few months:

San Francisco Bay, CA area  
November 7-8  
January 23-24  
contact **Margaret Buck**  
Stress Options  
(415)933-2718 or  
(415)283-5175

Beverly, MA area  
November 7-8  
contact **John Dumais**  
Awareness for Living

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### **GO KUDOS**

Some of the most exciting achievements of the GO program spring from each Trainer's concepts of what is possible in terms of the exploration and enhancement of human consciousness, and the application of their unique skills toward materializing those possibilities.

This issue's GO Trainer of the Quarter, **Betty Berens** of Arlington, Washington, has been accredited since April of 1987. She has trained 13 people in the EXCURSION WORKSHOP and serves 17 bookstores as a local distributor of products of the Institute. In her capacity as product distributor, Betty has identified and developed creative marketing tools to assist potential buyers in the selection of tapes and to improve the ability of retail outlets to display tapes effectively. The marketing tools include camera-ready art work and copy for tape case inserts which give individual descriptions of each METAMUSIC, EXPLORER, and MIND FOOD tape, as well as a brief catalog of products. Betty graciously donated her time and

effort on this project to the benefit of all Hemi-Sync users. TMI will begin introducing these display versions of the tapes as a regular part of our inventory.

Betty's talent and ingenuity are apparent in her approach to the **EXCURSION WORKSHOP**. She recently presented an **EXCURSION WEEKEND** at a flotation facility during which the participants were able to listen to the taped exercises while floating in tanks... resulting in some very profound experiences. Betty plans to schedule more workshops at the flotation center and continues to explore other opportunities for enhancing the **EXCURSION** format.

Betty's diverse background and expertise in computer programming consulting and training, music, sales, horseback riding training and competition, and metaphysical studies offers an excellent foundation for her work as a GO Trainer. Her infectious enthusiasm, gentle persistence, love of challenge and delight in the success of others and herself create a powerful and empowering alchemy -- a gift to those who know her.

Congratulations and thanks to you, Betty, for playing and winning this great game!

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### **HOLIDAY SPECIAL**

For the sports-minded on your holiday shopping list, TMI is offering a two-for-one special on the Hemi-Sync tapes, **UNDER PAR GOLF** and **LOVE TENNIS**. Normally \$12.95 (plus postage and handling) each, until January 1, 1988, you can get

**BOTH**  
for only  
**\$12.95!!**  
(plus postage and handling)

### **THE TERRESTRIAL/ EXTRATERRESTRIAL CONNECTION**

This quarter's tape excerpt has been specially produced for the TMI membership as an exclusive offering. At the Institute's laboratory, Judith McGowan established contact with an energy that is called E.T. (short for extraterrestrial and energy teacher).

In addition to talking about communication between two energy systems, E.T. also discusses the similarities and differences between physical and non-physical beings.

As always, TMI makes no claims about the contents of the recording, we merely submit it for your consideration. We welcome any comments you might have.

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### **SEMINAR TAPES**

Audio cassette recordings of most of the lectures presented at the recent TMI Professional Seminar are now available to our membership for a cost of \$10.00 (plus postage and handling) per lecture.

The following cassettes are available: "Opening Remarks," Robert A. Monroe; "HUMAN PLUS," Robert A. Monroe and Fred Atwater; "Birth, Death and the Magic in Between," Robert Medralla; "Use of Hemi-Sync with Surgical Patients," Robert Roalfe, M.D.; "Closing Remarks," Robert A. Monroe

("Death and Transformation," by Elisabeth Kubler-Ross, M.D. and "Letting Go to Spark Creativity," by Chic Thompson were not recorded due to the speakers' request for a candid forum. "The Use of Hemi-Sync to Facilitate Change in Organizations," Richard Gilson, M.A. and Suzan Kuznik, Ph.D. is not available due to technical problems.)



# WOW

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1987

I MUST AGREE WITH YOU, YAALA...IT WAS INDEED A VERY UNPLEASANT, ENERGY-DRAINING EXPERIENCE...AND I DESCENDED ONLY TO THE OUTER LEVELS! AS IT WAS, I EXPERIENCED ABNORMAL PRESSURES...THAT SEEMED TO PUSH TO PULL... AT ME.

IT TOOK GREAT INTENT TO MAINTAIN *PRIME-AWARENESS*...AND THE LONGER I REMAINED, THE HARDER IT BECAME. IT WAS AS IF I... I...I WAS...

I BELIEVE THE HUMANS WOULD REFER TO IT AS "LOSING CONSCIOUSNESS".

HMMM...HOW APPROPRIATE.

I NOW UNDERSTAND WHY I'VE LOST CONTACT WITH NON. *GHAARK!*...THE INCREDIBLE PRESSURES AND FORCES THAT HE MUST BE ENDURING!...THE INTENSE DISTORTIONS OF PERCEPTION AND AWARENESS THAT HE MUST BE EXPERIENCING!

AND THE HUMANS ACTUALLY INCARNATE IN THAT ENVIRONMENT!!...IT IS NO WONDER THAT THEY ARE SO DISORDERED IN CONSCIOUS AWARENESS...THAT THEY HAVE BROUGHT SO MUCH HAVOC AND DESTRUCTION UPON THEMSELVES AND THEIR PLANETARY SYSTEM!!

YES, JEEM...BUT CAN YOU IMAGINE WHAT *THOSE-INCARNATED-IN-MATTER* WILL HAVE ACCOMPLISHED...IF THEY CAN REALIGN THEIR OWN PERSONAL-ENERGIES IN ACCORDANCE WITH THE CREATING CONSCIOUSNESS...AND RE-ENGAGE *PRIME AWARENESS*...WHILE EXISTING UNDER THOSE CONDITIONS?

CAN YOU IMAGINE ALL THAT THEY HAVE THE POTENTIAL TO BECOME?

IT HAS BEEN GOOD CONNECTING WITH YOU AGAIN, JEEM. BE IN EQUANIMITY.

TO BE CONTINUED